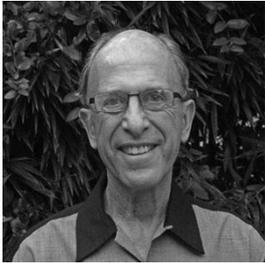


**OUR APRIL MEETING**



## Somatic Psychotherapy for Verbal Therapists

**Robert Leverant, LMFT**

Our next RECAMFT meeting on April 13 will feature Robert Leverant, LMFT. Robert will explain and demonstrate methods for verbal therapists that facilitate patients coming into embodied existence. Come and learn **hands-off** techniques of developing somatic awareness and embodiment; working somatically with patients towards appropriate emotional release and containment and use of breath; developing somatic awareness at subtle levels—towards reducing acting out patterns of addiction, codependency, destructive and self-destructive behaviors, and avoidance of intimacy.

Robert Leverant is a graduate of Tomales Psychotherapy Training Program (1988). He learned Lomi Bodywork from Robert Hall and Thomas Pope including the integration of verbal and somatic (hands on) psychotherapy. Post graduate studies include Perinatal Psychotherapy with Graham Farrant, M.D., Reichian Theory and Practice with Michael Smith, Gestalt Psychotherapy with Abe Levitsky, PhD and professional study group with Fritz Perls, workshops and classes in Archetypal Psychotherapy at the Jung Institute in S.F. and with Patricia Damery, LMFT and Barbara McCoard, M.D.. He has meditated in and studied Eastern spirituality/psychologies

### **April 13th RECAMFT Meeting**

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

### **Somatic Psychotherapy for Verbal Therapists**

**Robert Leverant, LMFT**

*IF THE PARKING LOT IS FULL, YOU CAN PARK AT THE J.C. GARAGE ACROSS MENDOCINO AVE. FOR \$3 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE COST OF TOWING IS \$225.*

**May 11, 2012**

### **Revitalize Your Practice with Somatics and Art:**

### **Creative Approaches to Healing Trauma**

**Meagan J. Pugh, D.Min., ATR-BC, SEP**

**June 8, 2012**

### **Dissociative Identity Disorder**

**Myron Walters, MFT**

MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS PAY \$5 (OR \$15 FOR CEUS)

with teachers from various traditions for the last 45 years, including Shunryu Suzuki Roshi, Guru Bawa Muhaiyaddeen, H.E. Kirpal Singh, H.E. Darshan Singh, Spirit Rock teachers, and Tsoknyi Rinpoche. Now he is beginning studies with Lama Tsultrim Allione.

Robert has been a private practice psychotherapist in Sebastopol for 22 years. He has spoken at conferences on Non-Duality and Psychotherapy, at Bridge Conference at Stanford, and has been interviewed on New Dimension and a couple of times on KPFA. He has published in professional journals and the Web and in book form on a variety of subjects. He is a former professional photographer and one of his books on photography, Zen in the Art of Photography, has sold 30,000 copies and has recently been republished.

Robert reports a third of his patients have done spiritual practices for 10-20 years; some are professional musicians and others are visual artists. He can be reached at (707) 823-0818 or by E-Mail at [roblev@sonic.net](mailto:roblev@sonic.net).

## President's Message

Hal Forman, MFT



*"The spring came suddenly, bursting upon the world as a child bursts into a room, with a laugh and a shout and hands full of flowers."*

– Henry Wadsworth Longfellow

I've been moved and inspired these last few weeks as I've watched the leaves and blossoms make their appearance around the county. Although the winter was unusually mild this year, seemingly more like spring than winter for much of the time, the unfolding of spring still stirs something inside of me as I watch the magic of new life bursting forth once again. The sense of rebirth and renewal reminds me that life is forever moving and changing, never static. Always a good reminder as I sit with my more difficult clients as they struggle with moving forward in their lives, or as I sit with my own resistance to some unexpected change I am being asked to accept in my life.

This spring has also brought some changes to our Chapter. At the last General Meeting, we voted in two new Board members. Bob Dalzell is our new Treasurer, replacing outgoing Treasurer Kim Gagnon. Kim has done an amazing job for the Chapter over the past 3 plus years. Besides keeping a close watch on our finances, she has also provided valuable and insightful input on all aspects of Chapter activities. Thank you, Kim!



February Board discussion with (from left) Marie Piazza, Secretary; Hal Forman, President; Lainey Sohler Gayler, Past President; Katherine Johnson, Administrative Consultant; and outgoing Treasurer, Kim Gagnon.

Bob brings a wealth of experience to the Board, having worked as a psychotherapist and counselor for more than 20 years, both in private practice and in a variety of public and private agencies. He told me that after many years as a member of RECAMFT, he felt it was time to step up and give back. Thanks Bob!

Also joining the Board is Lee Rosenstein, who replaces Maggie Caffery as Intern Chair. Lee also brings a wealth of experience to the Board, including the knowledge of how difficult it is to raise a family while acquiring the necessary hours toward licensure! When I spoke with Lee, he said he had been feeling somewhat isolated, and was grateful for the opportunity to become more involved and connected with the larger community of therapists, both licensed and unlicensed, that constitute RECAMFT. Welcome to RECAMFT, and to the Board, Lee! The Board would like to thank Maggie for all the

time and energy she has given, and wish her the very best.

Meanwhile, may these early spring days inspire you and remind you of the miracle that is life, continually moving, growing and transforming. Happy Spring!

*Hal Forman, MFT, has a private practice in Sebastopol, where he works with individuals and couples, utilizing somatics, mindfulness and EMDR to help clients move toward greater integration and wholeness.*

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

**PRESIDENT:** Hal Forman 829-6880

**PRESIDENT ELECT:** Vacant

**PAST PRESIDENT:** Elaine Sohler Gayler  
486-2947

**SECRETARY:** Marie Piazza 570-3940

**TREASURER:** Bob Dalzell 765-1009

### **DIRECTORS-AT-LARGE:**

**Programs:** Judith Peletz, Chair 526-7720 x 315  
Michael Krikorian 579-0838  
Debbie Oliver 522-0475  
Doug Silberstein 583-2353

**Membership:** Catherine Capitani 522-0488

**Interns:** Lee Rosenstein

### **NEWSLETTER**

**Editor/Formatting:** Gail Van Buuren 494-4198

**Mailing:** Romy Brock, Jackie Good,  
Michael Krikorian

### **COMMITTEE CHAIRS**

**5150 Raffle:** Joyce Higgins 522-0402

**CEUs:** Lynn Bergman 570-7269

**Trauma Response:** Margaret Newport 887-1887

**Ethics:** Coralia Serafim 781-0133

**Hospitality:** Patricia Ross

**Website:** F. Michael Montgomery 578-9385

**Community Outreach:** Kate Maxwell 237-8900

**Conferences:** Cynthia Halliday 578-1064

### **STAFF**

**Administrative Consultant:**

Katherine Johnson 575-0596



### **Referring to an Outdoor or Residential Treatment Program?**

Educational consultants, in collaboration with referring mental health professionals, work with families to identify appropriate therapeutic treatment options for struggling students. Bob Casanova is an experienced, licensed marriage and family therapist (MFT) who provides realistic, comprehensive recommendations to Therapeutic Schools, Residential Treatment Centers and Outdoor Therapeutic Treatment Programs for teens and young adults who need help coping with such challenges as:

- Drug or alcohol abuse/dependence
- Learning differences
- Social, emotional or psychiatric concerns
- Self harm
- Eating disorders
- School failure or refusal
- Adoption/attachment issues
- Asperger's/PDD/NLD
- Family conflict
- Loss and grief
- Divorce

**BOB CASANOVA Educational Consultant**  
and Licensed Marriage & Family Therapist  
*Affiliated with McClure Mallory & Baron*  
1160 North Dutton Avenue, Suite 250 | Santa Rosa, CA 95404  
**707.526.5800**

## *April 5150*

Our lucky April 5150 Raffle winner will be treated to a session of CranioSacral Therapy by Jo Larmour in her place of practice in Rohnert Park. CranioSacral Therapy works on the craniosacral system which consists of the membrane and the cerebrospinal fluid which surround, protect and nourish the brain and spinal cord. CranioSacral Therapy gently detects and releases tension patterns in the body.

Recipients lay fully clothed on a comfortable massage table. The work is very gentle and highly effective in rebalancing the autonomic nervous system. CranioSacral Therapy induces a deeply relaxed state which activates the intuition and healing potential of the recipient. CranioSacral Therapy can facilitate a return to our deeper selves while boosting our immune system and releasing physical tension.

Jo's CranioSacral and Massage Therapy is located at 50 Arlen Dr., Rohnert Park. She can be reached at: 707-350-1355. To learn more about her work, please visit her website: [www.joscraniosacral.abmp.com](http://www.joscraniosacral.abmp.com). Thank you, Jo, for this and all your generous contributions!

*The 5150 Raffle is held every month at the RECAMFT general meeting. All attendees are eligible to win. Winners please contact the person donating the service WITHIN 6 WEEKS. PLEASE PASS THE 5150 PRIZE TO SOMEONE ELSE IF YOU ARE NOT ABLE TO TAKE*

ADVANTAGE OF THE OFFERING. If anyone has ideas about people who might be interested in donating future 5150 prizes, please contact Joyce Higgins at 522-0402. Enjoy! (For winners of the raffle, please give Joyce feedback about the service you receive 707 522-0402)

Joyce Higgins, LMFT offers clinical hypnosis and guided imagery as tools for healing both health and life issues. Her website is: [www.hypnosisforhealingandhealth.com](http://www.hypnosisforhealingandhealth.com).

## MYOB\*

### (\*Mind Your Own Business)

#### A new column for RECAMFT Therapist by Marie F. Piazza, LMFT

I saw in the March newsletter Gail Van Buuren's plea for articles, photos, etc. to put in RECAMFT Therapist. As a former editor of our newsletter, way back in 1992, I could empathize with this request. And I like to write and had been thinking about what I could contribute. I have wanted to "jazz up" the newsletter a little bit, making it more reader-friendly, but wasn't exactly sure how to do that.

I don't consider myself a business person, but I do know that I am running a business. And I know that these economic times have certainly affected how I do business. So I would like to offer a column that supports me and other therapists in our community in running our practices. I will start with insurance companies. Not my favorite subject. But I think it is an important one. Do you or don't you accept insurance payments for your work? How is the decision working out for you? Have you made any changes lately, and how have those decisions affected your business?

I used to, but I don't anymore. Due to on-going concerns about client confidentiality, hassles around having claims paid accurately and promptly, and becoming quite resentful about the reimbursement rates I accepted, I discontinued most of my contracts with insurance companies several years ago. In retrospect, the timing of this decision was terrible; it was just before the economy started to fall apart. What surprised me the most, however, was that it was more difficult getting out of some of the contracts than it had been getting into them.

I now have a much smaller client load. But I love my clients! They are paying my full fee, I don't have to deal

with confidentiality and billing issues, and I find that my work is much richer and more satisfying. I am not spending hours with the DSM and writing up treatment plans to satisfy people who have no business knowing what is going on with my clients. Without their insurance companies looking over my shoulder, I find that my clients are more committed to their work and are working at a deeper level. So I am very happy with my decision. It works for me. But it probably doesn't work for every therapist.

So, let's talk. Call me and let's set up a time for you to let me know what your experiences have been. I would like to interview two or three therapists. I will even keep your name confidential, if you like. Next month I will let you what I found out. And after that I want to discuss things like advertising, balancing work and play, does it pay to do supervision, and private practice vs. working for an agency, pro bono work, consultation, and other ways we do business. Stay tuned. And in the meantime, don't forget to Mind Your Own Business!

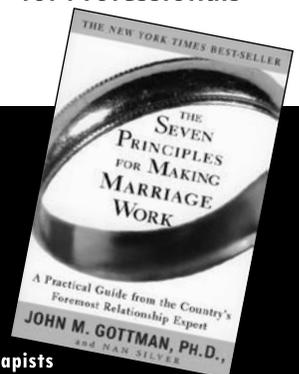
Marie F. Piazza, MFT has been in private practice in Sonoma County since 1992. She can be reached at (707) 570-3940 or email her: [mfpmft@att.net](mailto:mfpmft@att.net). Her website is [www.mariefpiazza.com](http://www.mariefpiazza.com).

## A Couples Weekend Workshop *The Art & SCIENCE of Love*



► Share the Research-based Tools of Successful Relationships by Referring Your Clients

► CEU's Available for Professionals



**2012 DATES**  
May 5-6 Sept. 29-30  
Acqua Hotel, Mill Valley

Workshop designed by  
Drs. John & Julie Gottman

presented by Certified Gottman Therapists  
LISA LUND, MFT (33393) & BOB NAVARRA, PsyD, MFT (15997)

[www.ACouplesWorkshop.com](http://www.ACouplesWorkshop.com)

## *What You Missed* by Doug Silberstein

At the March, 2012 RECAMFT meeting, Richard Doleman, MFT, gave an informative presentation on Emotionally Focused Therapy for couples (EFT). He described the main elements and process of working with couples using EFT, an attachment-based approach for healing wounds and deepening intimacy.

EFT is based upon a here-and-now, moment-to-moment tracking of emotional content and interaction that incorporates a systemic way of seeing how the partners in a relationship affect and perpetuate maladaptive cycles of relating (referred to as “circular causality”). Richard showed videos of EFT’s creator, Sue Johnson, helping a couple shift from their maladaptive relational dynamic to greater understanding of that dynamic and empathy for each other’s experience within that dynamic.

EFT focuses on employing interventions that gently help clients recognize, feel and compassionately align with their primary attachment-related emotions. It is the evoking and facilitated expression of these emotions that helps partners soften in order to shift out of their stuck dynamic and repair the wounding from previous mis-attunements and attachment ruptures.

Richard highlighted the importance of therapists being able to enter into the emotional world of their clients so as to bring them into their primary attachment-related affects in order to facilitate the de-escalation of distress and defensiveness. The therapist’s use of right-brain to right-brain interventions helps each partner feel seen and validated in her or his distress and longing for relief, as well as providing an opportunity for the partners to see and experience each other in new ways.

Richard emphasized the challenges of working with the circular causality of “pursuer-distancer”, the dynamic within which one partner’s attachment-based inclination to withdraw from stressful interaction increases the other partner’s attachment-based preoccupation with desperately trying to get the withdrawn partner to engage, which only influences the “distancer” to withdraw even more, further increasing the distress of the “pursuer”, etc., etc. Richard described the EFT process of increasing emotional safety so as to reduce interpersonal stress, which then makes it possible for the development of a new

dynamic within which the “distancer” re-engages and the “pursuer” softens – a new dance they do together, increasing their sense of togetherness.

It is this focus on the adaptive and healing power of mutually expressed and received primary attachment-related emotions that is the hallmark of EFT. It is this focus that helps partners more effectively meet each other’s essential attachment needs, thereby creating a secure attachment.

Richard Doleman, MFT is a Certified EFT Therapist who teaches and provides supervision in EFT. He has 21 years of clinical experience and is currently in private practice in Santa Rosa and can be reached at 707-573-8436.

*Doug Silberstein, MFT has a general private practice in Santa Rosa and San Rafael with a focus on working with couples and parents. Trained in Dan Wile’s Collaborative Couple Therapy, AEDP, and Gordon Neufeld’s attachment-based approach to parenting, he can be reached at 707-583-2353.*

### **Gottman Professional Training**

Presented by Certified Gottman Therapist  
Lisa Lund, CRC, MFT #33393

Research-based  
Training  
Created by  
Drs. John and  
Julie Gottman

**LEVEL I:  
Bridging  
the  
Couple  
Chasm**

Gottman Couples Therapy—A New Research-Based Approach!

**April 20 & 21, 2012**

**Country Residential Retreat, Sebastopol, CA**

**Friday & Saturday 9:00 am - 4:30 pm**

This 2-day workshop will prepare you to begin using the  
Gottman Method in your practice immediately.

12 CE Hours for MFT, LCSW & PhD

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# **Mental Health and Today's Community College Students**

**Bert Epstein, Psy.D.**

***Program Coordinator, Student Psychological  
Services, Santa Rosa Junior College***

College today is increasingly challenging, particularly for those students attending community college. Twenty years ago students wishing to attend community college could make enough money from a summer job to pay for all academic-year expenses. Unfortunately, since that time cost-of-living expenses have greatly outpaced increases in typical wages. Simultaneously, massive cutbacks in state funding have led to increased fees and reduced classroom offerings.

While these daunting challenges exist for today's community college student, there are an increasing number of individuals interested in community college. Meanwhile, more students with psychological issues are attending college overall and especially community college. Data show that students at SRJC face more severe mental health issues than overall California community college students, as well as college students nationwide. For example, students at SRJC report being more anxious, depressed, and hopeless. They report experiencing substantially more physically and also emotionally abusive relationships. These issues clearly impact not only students' psychological distress but also their potential for academic success.

For more than 20 years Student Psychological Services at Santa Rosa Junior College has provided mental health counseling to students enrolled in credit classes. Our program has expanded over that time, and we continue to seek ways to provide efficient service to our students. In the 2010-2011 year our center provided 2,208 therapy sessions. However, in recent years our wait lists continue to grow. As of this writing, we have over 50 students on our wait list.

Approximately 75% of the students have no insurance, or if they have insurance cannot afford deductibles and co-pays. Thus, we are looking for therapists in the community willing to see one or two students per year for brief therapy on a pro-bono basis. Doing so will allow these students the opportunity to advance their education, expand their opportunities, and reduce their psychological distress.

If you can see one or two students pro-bono, please contact me at the Santa Rosa Junior College at 707 524-1595 or email at [bepstein@santarosa.edu](mailto:bepstein@santarosa.edu).

## **RECAMFT News**

### **RECAMFT ONLINE**

Along with the new fees for RECAMFT membership come other changes. New this year is the annual fee of \$60 for full membership which includes your profile being available online. Now a potential client can access RECAMFT's directory and search for a therapist. What this also means is that you can go online any time and make changes to your professional profile. The web designers have made this a simple process. To check it out go to [www.recamft.org](http://www.recamft.org) and scroll to bottom on left side to login (using your email and creating or using your password). 'View Profile' will then show, click on this and you will be able to view your information and make any changes. Go to Member Instructions for other options on how to use this site. When done always remember to 'logout'. For those of you still not convinced that it is easy, look for more instructions in future monthly RECAMFT Newsletters as well as support staff numbers to call.  
*Catherine 'Cat' Capitani, MFT, Membership Director  
522-0488*

### **SEEKING YOUR FEEDBACK**

Within the next several months, members of the RECAMFT board will be contacting all our members by phone to get feedback about how we can better serve you. We would like to know how we can improve our speaker meetings, newsletter, website, community outreach, and conferences to better meet your needs. We conducted a similar survey quite a few years ago and the feedback we received was invaluable. So, when you get that phone message please take a few moments to let us know your thoughts and suggestions on how we can do a better job serving you by returning our call. Most of our members told us they really enjoyed talking with us the last time we did a survey. Thank you.

# Somatic Experiencing: A Powerful Way Of Healing Trauma

By Elaine Sohier Gayler

In my many years of working with clients, I have come to the realization that working directly with the body, exponentially accelerates and deepens the therapeutic process. In my personal experience, and while working with clients, I have come to the awareness that discovering and developing a relationship with the innate wisdom of our own body profoundly transforms our life.

Many of us have been traumatized to some degree or another. Understanding and talking about one's trauma does not release it from the body. Somatic Experiencing provides the vehicle to release and heal trauma directly, through focusing on one's own body sensations and experience.

What is Somatic Experiencing? Somatic Experiencing is a body-awareness approach to healing trauma based on 40 years of observation, research, and development by Dr. Peter Levine. From the realization that human beings have an innate capacity to overcome the effects of trauma, Somatic Experiencing has greatly benefitted many people. It restores self-regulation in the body, and resilience. It brings or returns traumatized individuals to a sense of aliveness, relaxation, and wholeness.

During Somatic Experiencing sessions, I help my clients to become aware of their sensations, to notice how deeply they are breathing, supporting my clients to be present to their moment-to-moment body experiences. Tuning into one's body in this way is a slow, subtle, and profound process. For someone receiving Somatic Experiencing for the first time, it can sometimes feel strange, since it is such a different way of working. I help my clients to focus on where they feel good and calm in their body, and I support them in moving at their own pace. As my clients get more comfortable with the process, over the course of time, they deal directly with the traumatic event or events through experiencing the sensations related to their trauma and shifting and releasing them. In Somatic Experiencing work, I help my clients to complete the natural responses of fight or flight, responses that they did not have access to, during the traumatic event, or events. Often, people are stuck in the freeze response (where

they experience immobilization, dissociation, and overwhelm). By helping clients to remember and to complete their fight response, they step into an experience of self-agency and empowerment. I work with my clients' emotions, images, thoughts, and meanings given to the traumatic events, all the while bringing them back to their body sensations. Through Somatic Experiencing, I support my clients to let go of stress and to feel safe in their body and in the world. I help my clients to empower themselves to take back their lives. Through Somatic Experiencing, I have had the privilege of witnessing my clients release years of trauma and anxiety in a short amount of time.

If you would like to learn more about Somatic Experiencing, you can go to the website: [www.traumahealing.com](http://www.traumahealing.com), or you can pick up the books "Waking The Tiger" and "In An Unspoken Voice" both by Peter Levine.

*Elaine Sohier Gayler M.A. Licensed Marriage and Family Therapist, Certified Somatic Experiencing Practitioner, and RECAMFT Past President. Elaine's office is in Sebastopol. She can be reached at: (707) 486-2947.*

## ETHICS ROUNDTABLE

The Ethics Roundtable meets once each in the Fall, Winter, and Spring. Our meetings are warm, informal and welcoming, encouraging discussion of sometimes sticky issues. Topics may come from our clinical practices, or be generated by other ethical concerns brought in by one of us.

The meetings are informative, stimulating and enjoyable. RECAMFT members are invited to attend. No ongoing commitment is required.

**Next Meeting – Friday, April 27, 2012**

**1:30 - 3:00 pm**

**For more information call Coralia Serafim at 781-0133**

## Ads & Announcements

# Simplifying Personality Disorder Treatment

**A NEW PARADIGM FOR CBT**

**Fri, April 27–Sat, April 28, 2012**  
12 CEs  
Santa Rosa, CA



Co-sponsored by the Redwood Empire  
Chapter, California Association of  
Marriage and Family Therapists

Santa Rosa Center for  
Cognitive-Behavioral Therapy  
is pleased to present

A 2-DAY WORKSHOP WITH  
**CHRISTINE A. PADESKY, PH.D.**  
Co-author of *Mind Over Mood*

This is one of Dr. Padesky's highest-ever rated workshops. Participants have consistently said this workshop "changed their practice fundamentally for the better."

**REGISTER ONLINE AT**  
[www.ceuregistration.com](http://www.ceuregistration.com)

REGISTER BY  
FEB 26 FOR EARLY  
REGISTRATION RATE

## Office Space

**Sebastopol Share:** Wonderful new office in lovely family-owned building in the center of town. \$150/ one full day per week/ \$85/ half day. Office large enough for groups, comfortably (& beautifully) furnished. Abundant parking. Accessible. 707 632 -5458 or send an email [ileneenglish@gmail.com](mailto:ileneenglish@gmail.com)

**In Rohnert Park.** Large windowed ofc, \$500 mth to mth. Also available, rented seperately, small windowed ofc \$285.00 mth to mth. Waiting room furnished. Call Roberta 707-829-8373.

**Very nice office** with large windows located in a professional office building. Nicely appointed waiting room, small kitchen area, microwave, fridge, heat/AC, water, janitorial services, call light, ADA accessible, and internet. \$500 per mo. Call Bob Casanova, 707.544.7000 or Mark Falls, 707. 525.9300

## Bulletin Board

**MFT testing materials for sale \$100.00.** Includes PASS cassette tapes, knowledge cards and strategies manual. Contact Dino at [dandruffoni@comcast.net](mailto:dandruffoni@comcast.net).

**YOUR AD IN  
THIS SPACE  
WILL REACH  
NEARLY 300  
THERAPISTS  
AND  
AGENCIES IN  
SONOMA  
COUNTY**

Our Programs  
Committee is now  
booking presenters  
for September 2012  
through June 2013.  
Contact the  
Committee to apply.  
(See RECAMFT Team box  
on page 2.)

**Contribute to the Redwood Empire Therapist**

**Help make our newsletter more lively and  
interesting by sending articles, cartoons,  
poems, advice, anecdotes, pictures, stories  
and more for publication.**

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION  
OF MARRIAGE & FAMILY THERAPISTS  
PO BOX 2443, SEBASTOPOL, CA 95473

The  
Redwood  
Empire

*Therapist*

Telephone/Fax: 707 575-0596

Email: [therapy@recamft.org](mailto:therapy@recamft.org)

Website: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

**April Issue**

**RECAMFT HONORS ITS  
PAST PRESIDENTS**

|                           |           |
|---------------------------|-----------|
| Elaine Sohler Gayler      | 2011      |
| Cynthia Halliday          | 2010      |
| Susan Hartz               | 2009      |
| Kate Maxwell              | 2008      |
| Gail Van Buuren           | 2007      |
| Diana Poulson             | 2005-2006 |
| Joan Logan                | 2004      |
| Judith Goleman            | 2003      |
| Ange Stephens             | 2002      |
| Christopher Doyle         | 2001      |
| F. Michael Montgomery     | 2000      |
| Julie Green               | 1999      |
| Jan Lowry-Cole            | 1998      |
| Rhaea Maurel              | 1997      |
| Paula Hall                | 1996      |
| Kitty Chelton             | 1994-1995 |
| Don Scully & Randi Farkas | 1993-1994 |
| Hari Meyers               | 1992-1993 |
| Grace Harris              | 1991-1992 |
| Richard Alongi            | 1990-1991 |
| Diana Young               | 1989      |
| Andrew Leeds              | 1988      |
| Carleita Schwartz         | 1987      |
| Christine Bucholz         | 1986      |
| Thomas Hedlund            | 1982-1985 |

**NEWSLETTER COSTS & DEADLINES**

**Line ads and announcements:**

Members - \$5 per line

Non-members - \$12 per line

**Flyers inserted in newsletter** - \$100

**Mailing labels** - Members - \$65

Non-members - \$125

**Display ads:** Full page - 9.75" x 7.5" = \$200

Half page - 4.75" x 7.5" = \$110

Quarter page - 4.5" x 3.5" = \$60

Eighth page - 2" x 3.5" = \$35

10% discount for 5 month ad commitment

20% discount for 10 month ad commitment

**Deadlines:**

Articles (500 words max) - 15<sup>th</sup> of the month

Advertisements - 15<sup>th</sup> of the month

For more information call, fax, or email the office at:

707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)

**NEWSLETTER DISCLAIMERS**

The opinions and points of view in the articles contained herein do not necessarily reflect that of the Board of Directors of RECAMFT or of CAMFT. Authors' contact information is included. Submitted articles may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.